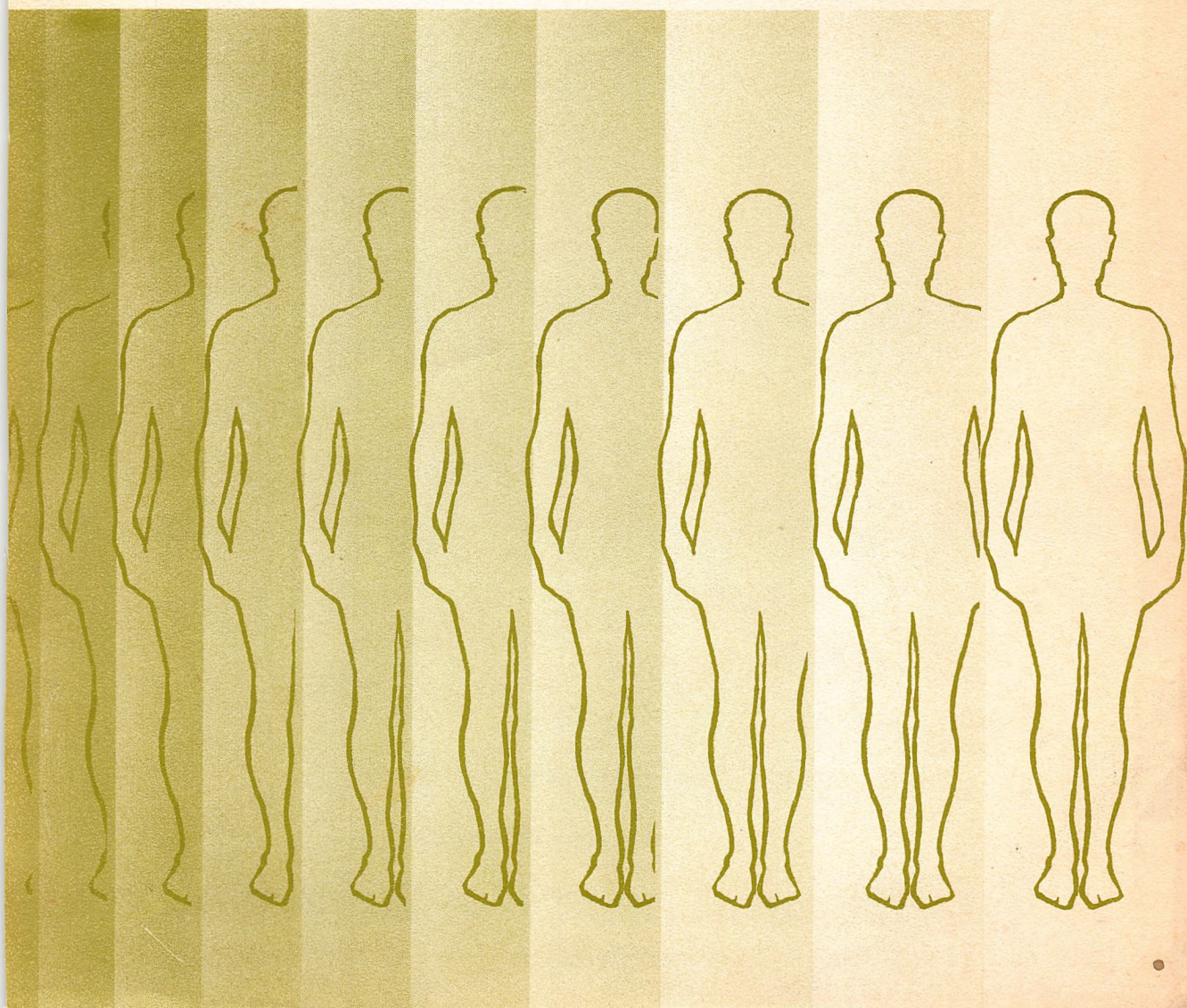


TEN STEPS TO SELF- FULFILLMENT

By Robert G. Chaney

STEP 6

Control Your Cycles



Illustrations by Teodors Liliensteins

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Astara Foundation

261 South Mariposa Avenue

Los Angeles, California 90004

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STEP 6

THE SECOND MYSTICAL LAW:

Control Your Cycles

The Law of Cycles

Life is impossible without cycles.

If the cycles of the earth around the sun were disturbed we would all die along with every living thing on this planet. If the earth's 24-hour cycle was shortened or lengthened by only a minute, the life of every living thing, including you and me, would be drastically changed.

The Biblical account of creation is the story of a cycle. The first chapter of the Book of Genesis is the condensed and abbreviated diary of Divine Creative Activity. Whether it is interpreted scientifically or mystically, it's the story of a round of cosmic activity that already may have been repeated countless numbers of times and may be repeated again and again in millennia to come. Perhaps the universe as we know it was merely re-formed instead of actually being created, and will be re-formed again some millions of years from now.

The cycles of night and day, the cycles of the seasons, and many others are obvious. Others are not obvious at all, yet they must exist, for man cannot point to anything existing outside the law of cycles. There are many such normally unobservable cycles occurring within your nature and we will explore some of them in this lesson. For example, even your awareness of the God presence in you is cyclic.

The Gospel According to Thomas reports a conversation between Jesus and his disciples. He was asked,

"What is a sign of the Father in you?" And he answered, "It is a movement and a rest."

In veins and arteries, blood courses through your body in a rhythm created by a heartbeat. This is a biological cycle. There are many of these cycles within cycles, and when they are referred to again in this lesson it will be with the abbreviated form, bio-cycle, meaning a cycle within the physical body.

Each minute cell of your body fluctuates in cycles. Each cell contracts and expands with rhythmic regularity. This is a bio-cycle.

In a much less observable way there is a rhythmic cycle to the ebb and flow of your emotional nature, and to your mental expression. Some consider these to be bio-cycles, yet they partake of higher than physical dimensions of your life. They might be called personality cycles, or psycho-cycles, or soul-cycles.

We live in a vast sea of cycles, and cycles within cycles: weather, war, economics, church membership, morals and ethics, sun spots, suicides, construction, industry, creativeness...anything you can name has its cycles. It is strange to think something so common is so little studied and understood. Why do cycles occur, why and how do we react to them, how can we change them if they are detrimental, how can we emphasize and improve them if they are beneficial?

These are questions to which man has paid but little heed, yet they might be the very key that unlocks the final door to entrance into the Golden Age of peace and prosperity for all mankind.

An organization known as the Foundation for the Study of Cycles, associated with the University of Pittsburgh, has been studying cycles for several years and is a reference source for some of the information in this lesson. I consider their work to be one of the most important phases of scientific research in the world today. Let us turn to their definition of a cycle and an investigation of what cycles can mean to you in your personal life.

WHAT CYCLES ARE, AND HOW YOU CAN USE THEM

Every 9.6 years some mammals, birds, fish and insects are more abundant than at other times. Creativity in individuals peaks at 7.6-month intervals for

many persons and at 3.8-month intervals, or exactly one-half the longer period, for others. These cycles are regular, with little variation, time after time.

A cycle is an occurrence or behavior that repeats itself with reasonable regularity.

The word *cycle* is derived from the Greek word *kuklos*, or *ring*. It means something which returns to its starting point or which repeats itself over and over again. The definition of a cycle also states the law of cycles.

For example, if you will keep a simple chart of your moods, you will notice that a "mood-pattern" becomes evident. Perhaps every ten days you feel your best, you are most cheerful. That peak of "happiness" may be followed by a day or so during which you are gloomy, then a gradual increase of a new sense of well-being till you again peak in cheerfulness at the ten day point.

Nations have "moods," too. The Foundation for the Study of Cycles has charted the occurrence of international battles since the year 600 B.C. It was discovered that during that 2500 year span there was a recurrence of international battles in a 21.95-year cycle.

The Foundation for the Study of Cycles has considered 493 rhythmic phenomena: 239 of them in the field of natural science, 84 in medical science, 49 sociological, 121 economic. At first it is overwhelming to consider that you and I participate in all these cycles and our lives are affected by them. Then we realize that there are a few cycles more important to us than others, and that we can enrich our lives, fulfill ourselves, when we limit our attention and efforts to those few, and dismiss the others from regular attention and concentrated effort.

The way we can use a knowledge of the important cycles in our lives is to determine first which cycles are important to us. For instance, I'm interested in cycles which pertain to whatever abilities I possess as a speaker and writer. Another person may be interested in health cycles. A salesman may wish to concentrate on personality cycles, an inventor on creative cycles, a student on learning cycles, and so on.

After determining the kind of cycles that are im-

portant to you, the next step is to make a chart of peaks and valleys in the cycles in which you are most interested.

The final step is to use your knowledge of the cycles in which you are interested by arranging your mind and activities in the closest possible harmonious relationship with them. As nearly as you can, plan your work, your social activities, your relationships with others at the peak performance times indicated by your charts. (See charts at end of lesson.)

As a student of the Self, as a student of the spiritual, the mystical and the esoteric, you will probably discover that the cycles in which you are most interested are of two general types:

1. The cosmic cycle of the ages, to which you react in a general way.
2. Personal cycles, to which you react in specific ways:
 - a. physical;
 - b. emotional;
 - c. mental;
 - d. spiritual.

The physical cycles pertain to your health and general well-being. The emotional and mental cycles relate to your moods, personality, reactions to situations, productive work schedules, creativity, study periods, etc. Spiritual cycles influence your higher aspirations, Self-realization, oneness with the Infinite, etc.

Let us first turn our attention to the general Cosmic Cycle which influences all mankind and which is dramatically visible at this moment in the history of man.

THE CYCLE OF THE AGES

There is a 26,000-year cycle which students of the arcane designate as an age. They accept the concept that our solar system is revolving around a great central sun once every 26,000 years in the same way that the earth revolves around the sun of our system every year.

Each of these 26,000-year revolutions constitutes

an age and, due to the varying cosmic influences encountered in a revolution, each age is inherently different in its nature. The age or magnetic field, which we are now leaving, is known by the astrological term, the *Piscean Age*. The astrological sign of the Piscean Age is the fish, a *water* sign. The Piscean Age has been a period in which water power predominated. The religious histories of man tell of great floods. Natives have ruled the world.

But now a new influence, resulting from the new magnetic field into which our system has travelled, is holding sway. The new age is the *Aquarian Age*. The sign of this age is a man in the sky emptying a pitcher of higher cosmic influence upon mankind. It is an *air* sign. Atomic energy, space travel, the science of electronics, are now predominating forces. Even the mind of man has changed radically to accept and use the predominating influences of the Aquarian Age.

The old expressions of religion are passing out of existence. The mind of man is being liberated to the point where it can accept new concepts. Even the very lesson you are now reading exists only because of the new cosmic influences which both make it possible and cause your receptivity to it. The Self in the Aquarian Age can be a greater one than the Self in the Piscean Age. Thus we are in the age of mind and spirit and it holds the promise before you that you now have the opportunity for Self-fulfillment in the greatest possible way. This is the age in which you can truly play your part as an individual Self to a greater degree than ever.

JUST WHAT IS YOUR OPPORTUNITY IN THE AQUARIAN AGE?

Remember that the word cycle means a ring, something that returns to itself. But you have the opportunity of making the cycle a spiral. Each time it returns it should be at a higher level.

You will recall that in speaking of Adam and Eve in Step 3 it was stated that when they returned to the Garden of Eden it would be with higher capabilities than when they left. Life should be a spiral of attainment. Many students of the arcane say that in your life there is a seven-year cycle beginning at the time of your physical birth. With the passing of each seven-year period -- at seven years, fourteen, twenty-one, etc. -- you became a greater person than you were.

GREAT
CENTRAL
SUN

AQUARIAN
AGE

OUR
SUN

PISCEAN
AGE

CYCLE of the AGES

The first seven-year cycle of your life was the cycle of babyhood. The second seven-year cycle was the cycle of childhood. The third seven-year period was the cycle of adolescence, when physical growth was nearly complete, emotional growth was predominant, and mental growth was under way. From 21 to 28 is the cycle during which the inner Self really begins to emerge if it is allowed to do so.

It is probably during this fourth cycle that you have the first opportunity to begin fulfilling your Self in a productive way, and each seven-year cycle thereafter offers greater opportunities in this respect. At this point in your life you have acquired the static knowledge to be gained from formal education and its textbooks. By now you are mature enough to analyze life and its meaning, though, hopefully, you will never cease studying.

If you harmonize your efforts with the cosmic forces of the Aquarian Age your mind begins to function with a larger concept of its own possibilities and powers. The Aquarian Age enables you to be more psychically sensitive, more creative, more all-inclusive in your viewpoints. The Aquarian Age enables you to live less from the surface of your consciousness and more from its treasure-laden inner heights.

The power of mind over matter, the ability of your consciousness to express the potentials suggested in Step 2 of this series, are heightened due to your reactions to the cosmic influences of this age in which the higher mind and spirit are more influential than in the past.

There are generating forces in the universe of which we know little except that we react to them. Ionization of the atmosphere is an example. Research has shown that when the atmosphere is overpopulated by positive ions (a "sultry" day is an example) individuals have a tendency toward moodiness, antagonisms, tensions, even thievery. When the ionization of the atmosphere is properly balanced these tendencies are almost non-existent.

To generalize, the Aquarian Age electromagnetic atmosphere is conducive to greater mental expression, to spiritual attainment. Of course the opposite influences are also present, and we are now experiencing a time of travail during the birth pangs of the new age, so it is important that we keep ourselves aligned with the productive and constructive influences rather

than those of dissension, conflict and destruction.

In the final analysis, we are not what the age makes us. We are what we make of the age and all the possibilities it holds for us. And what we make of the age -- what you make of it -- is a personal matter with each of us, a matter of Self-fulfillment.

SURVEY YOUR PERSONAL CYCLES

There is a famous poem about how wonderful it would be to sit in a house by the side of the way and watch as life and man go by. It's a nice thought, but completely unproductive. Life is to be lived with, as well as looked at.

For example, as I look at my own efforts I discover there are certain times of the monthly lunar cycle when I lecture more fluently and effectively than at others. There are other times when I write with greater effectiveness. Whenever possible, I arrange my speaking and writing schedules to coincide with these cycles. It isn't always possible, of course. But when it is, I attempt to harmonize my efforts with the cycle of cosmic forces to which I respond.

You, too, respond to a variety of these forces, creating rhythms of high productiveness and low productiveness, creativity, well-being and other expressions in your life.

Some of these rhythms are in the category of the purely physical. There are intervals in your life, some daily, others for periods of several days, or weekly or monthly, when you are at a peak of physical energy and well-being. When you discover what these rhythms are by keeping a record or chart of them, you may be able to schedule some of your purely physical activities (house cleaning is an example) to coincide with your peak physical period.

You've undoubtedly discovered that at times you seem filled with energy and able to accomplish most any difficult physical task. There are other periods when even slight physical exertion seems just too much a task to undertake.

One research effort set physical rhythms for most people (though not all people, and this is important to remember) at twenty-three days. This twenty-three day period was discovered to be equally divided into

eleven and one-half days for peak expenditure of energy and eleven and one-half days for recharging the physical battery.

The research in emotional rhythms revealed a twenty-eight day cycle (emotional reaction to circumstances, and cheerfulness, for example), fourteen days of positive reaction when even unfavorable circumstances were faced with assurance, and fourteen days of negative reaction when emotional response was adverse or in the process of being revitalized.

An example of cyclic emotional reaction is found in the factory study by a psychologist who discovered that a certain man was involved in an accident which caused temporary disuse of his hand. He was completely dismayed. Later at a different point in his emotional cycle he was in another accident which necessitated amputation of his arm. He maintained a very positive emotional attitude and wasn't dismayed at all by this greater tragedy.

In the mental realm, the cycle was found to be thirty-three days, again divided into two equal segments...sixteen and one-half days of mental energy, periods of creativity, clear thinking and efficiency, good memory, and sixteen and one-half days when thinking is more difficult, creativity is somewhat frustrated, a period for regeneration of mental capabilities.

I've cited my own experience as an example of the mental cycle. Sometimes when I write, or speak, ideas flow freely. At other times it seems difficult to think of even a few appropriate words.

Thus we have the scientific correlary for Jesus' statement that the sign of the Father in you "is a movement and a rest." You can take advantage of times of both movement (or activity) and rest (or regeneration) when you discover your personal cycle in relation to each.

There has been little research of cycles in the spiritual aspect of man's being, and this is certainly an area that deserves attention from the scientific community. Surely there are times (we all have responded to them) when we delight in spiritual study, in meditation, in expressions of unity with all life, when we are compassionate and loving, or filled with spiritual aspiration. And there are other times when we are not at all responsive to the spiritual impulse. This spiritual cycle is of the utmost importance, and

quite probably has more influence upon all the other cycles than yet realized.

However, there has been one study in cycles pertaining to individual spiritual response. It was found that the number of persons speaking in Quaker meetings in one church varied greatly with the months of the year. At Quaker meetings, anyone may rise to speak during the services as he is "moved by the Spirit" to do so.

The survey showed that from January through mid-April a larger percent of those in attendance were so moved. From mid-April to mid-July the percent decreased, then began to rise again through mid-September. It fell slightly to mid-October, and rose again through most of December. Whether or not there would be an opposite trend in the Southern Hemisphere is not known. However, studies in cycles of intellectual interest show peaks and valleys in the same months, regardless of placement in the hemisphere.

At least the survey indicates great variance in spiritual response, and it parallels other studies in intellectual responsiveness and abilities. Quite probably your responsiveness, both spiritually and intellectually, follows a similar pattern.

But you must remember that you are involved in a daily cycle as well as a yearly one. Thus, even in mid-July when the yearly spiritual cycle is at its lowest valley, there is some time during the day when you "feel" the greatest attunement with the Infinite. When you discover what that time of day is, you can schedule it for your time of meditation and spiritual attunement.

It has been discovered that the world's great religions have peak cycles at intervals of 625 years. The first peak that can be definitely dated was at the time Akhnaton, the Egyptian Pharoah, and Moses, the Jewish law-giver, appeared upon the scene of man's spiritual endeavors. This would be around 1250 B.C.

Zoroaster, Lao-Tze, Confucius and Buddha appeared 625 years later at the peak of the next cycle, around 625 B.C.

Six hundred and twenty-five years after these Eastern sages came the advent of Jesus and the Christian cycle.

Then 625 years after Christ came Muhammed who be-

gan the movement of Islam. And about 1250 A.D. saw the appearance of Albertus Magnus, Thomas Aquinas and Francis of Assisi.

The current cycle peaked at 1875, if we are to accept the 625 year figure. At that time the new Aquarian Age type of religion had its inception. The Mormon denomination, Christian Science, the Oxford Movement, Spiritualism, Theosophy, the Rosicrucian revival, the various New Thought groups, and movements such as the Arcane School, Bahaism, and Astara are all part of this peak.

To list the cycles so they can be easily seen:

1250 B.C.: Akhnaton, Moses

625 B.C.: Zoroaster, Lao-Tze, Confucius,
Buddha

X: Jesus

625 A.D.: Muhammed

1250 A.D.: Magnus, Aquinas, Francis of
Assisi

1875 A.D.: New Age religious movements

It is easy to see the Aquarian Age influence in all the religious movements of the last century. It is further observable in the adoption of many of their tenets among the more traditional religions of the day.

Now let's review the cycles to obtain a clearer view of them and their relationship to each other.

A. Physical -- activities that require endurance and strength, physical exertion, heavy labor.

B. Emotional -- activities that require cheerfulness, assurance, determination, positive emotional reactions.

C. Mental -- activities that require clear thinking, an alert mind, creativity.

D. Spiritual -- times of spiritual study, meditation, expressions of unity with all life and with the Infinite.

If you can set up your personal periods of activity to coincide with your personal cycles of productivity, you will have done much to create opportunities for your Self to express its highest potential.

SET UP YOUR PERSONAL CYCLES

Did you know that if you were born in December, January or February there is a greater possibility of your being a genius? June and July are the least likely months in which geniuses might be born, and October (alas, my birth month!) and November are not far behind. The number of geniuses born in various months does not follow the same pattern as the number of total population born.

Of course geniuses are born in every month of the year, so you still may be one even if you were born in June, July, October or November. It is simply that you are more apt to be one if born during one of the other months.

Genius or not, it isn't necessary to set up cycle charts for every activity in your life. There are some activities more important to you than others. Center your attention upon them and ignore the rest, at least for the present. Here are a few suggestions concerning important activities that may serve as a guide for your further exploration and experiment.

There are two major cycles which you may wish to consider when setting up your cycle charts:

1. the daily cycle;
2. the monthly cycle (the lunar rather than the calendar month).

Most of us engage in activities which fall into two general classifications:

1. creative;
2. non-creative.

There is a time of day, a period of perhaps two to four hours, during which your creative faculties function at peak efficiency. By keeping a chart of the hours during which you engage in creative activities (writing, studying, planning, sales, making things) you will discover your most productive, inspired period.

There are other times during the day when you are more productive at non-creative efforts (household duties, cooking, filing, any efforts that are accomplished more or less automatically without requiring creative thought). Your chart will indicate the best time of day to concentrate your efforts in this area.

From your charts, and your analysis of what they indicate, you can plan your work schedules to harmonize with your cycles, purely physical, combined physical and mental, or purely mental, as the case may be.

As an example, I've discovered that my best cycle for creative writing is from 9:30 to 11:30 in the morning. A second and less productive time for me to concentrate on writing is from 7:30 to 9:30 in the evening. From 1:30 to 3:30 in the afternoon seems to be the best time for me to engage in other activities which do not require creative thought on my part. Although it cannot always be done, I attempt to schedule my activities in harmony with these periods of time.

The lunar cycle, coincident with the phases of the moon, also influences your personal activities, both creative and non-creative.

An illustration of this is found in research into man's rate of metabolism, the process of converting food into energy. It was discovered that at the time of the new moon his rate of metabolism was at its lowest ebb. The high peak of metabolism was found to be at the third quarter of the moon's phases. At that time the rate of his metabolism was 28% higher than at the new moon low.

If your physical, biological functions occur in cycles corresponding to phases of the moon, it is reasonable to assume that emotional and mental activities may have a similar relationship, though not necessarily the same peaks and valleys.

Turning again to my own experiences and personal research, I have found that I lecture more fluently and effectively during the period extending from the third quarter through the time of the full moon. With the waning of the moon to the time of the new moon, my effectiveness as a speaker is at its lowest point. A secondary cycle of effectiveness was found between new moon and first quarter.

These periods of effectiveness were determined by a study of audience reaction, and Mrs. Chaney's per-

sonal observation and analysis of my speech effectiveness, during a one-year period.

After making this study, several years ago, I chanced to come upon some research in radio receptivity in relation to the moon cycles which revealed that the high and low points in that field exactly paralleled my effectiveness as a speaker. Whether or not this indicates that audience receptivity and radio receptivity have something in common I cannot say, but it seems plausible. In any event, whenever possible I attempt to schedule important lectures in harmony with my personal cycles of effectiveness.

Consideration of audience receptivity leads us to another intriguing aspect of the cyclic nature of man and his activities.

THE THEORY OF EXCITABILITY

It is too complicated, and quite unnecessary, to delve deeply into it in this lesson, but research indicates that there are periods during which man, en masse, is restless and tends toward excitability. There are periods when international tensions are heightened, when riots occur, when there are sweeping changes socially, politically and economically. Waves of buying and selling on the stock market are an example.

These cycles may bear some relationship to your interests and urges in the area of Self-fulfillment. There are times when you are most responsive and "excited" in the field of your personal interests. Let us use your urge for spiritual attainment and understanding as an example.

Though you may attend religious services and classes in order to gain knowledge in this field, they may not fall into the same time cycle as your "excitability." One of the advantages of Astara's lessons and recordings becomes immediately obvious. You can study lessons and books, listen to the recordings, meditate, at those times when your own inner responsiveness is at its peak. You can make a few notes at a class or an 11 a.m. Sunday church service which you will then reconsider at whatever time your responsiveness cycle is at its height. You will then gain much more than you otherwise would from your spiritual activities.

You cannot control mass excitability, but you can

regulate your personal excitability and responsiveness to your benefit. For instance, I have found that there are periods when it is easier for me to study and when what I study is better remembered and makes a greater impact on my consciousness. These periods, for me, (and they may differ for you), are from the moon's first quarter to its half, and from the third quarter to the full moon. Therefore I attempt to do most of my studying during those periods.

Furthermore, your knowledge that there are periods of excitability which influence great masses of people give you an opportunity to exercise greater self-control. When others are "excited" you can remain calm and thus to some degree limit the less desirable aspects of the excitability cycle.

The fact that we are "excitable" and responsive to a greater degree at certain periods than at others is an indication, to some people, that man is a kind of cosmic puppet with little control over his destiny. But to me it is an indication that we are part of the One Great Life...and that we can regulate our individual aspect of that Life to a greater degree than we previously realized. To further our understanding of this fact, we turn to the causes of cycles.

THE THREE BASIC CAUSES OF CYCLES

Present day research indicates two general types of cycles:

1. biological;
2. planetary;

and to these I add a third:

3. emanations from the Infinite.

Biological cycles: Goethe, the German poet, in the year 1790, made a self-analysis of his cycles and wrote in his diary, "I must consider more closely this cycle of good and bad days which I find coursing within myself. Passion, attachment, the urge to action, inventiveness, performance, order, all alternate and keep their orbit; cheerfulness, vigor, energy, flexibility and fatigue, serenity as well as desire. Nothing disturbs the cycle for I lead a simple life but I still must find the time and order in which I rotate."

You are apt to discover that your bio-cycle (for

example the cycle between feeling "good" and "bad" physically) lies somewhere in the time period of twenty-eight to thirty-three days. All the organs of your body have their separate cycles. They may coincide at their peak of harmonious performance, which becomes the high point of the cycle, and are functioning less harmoniously at its low points.

At the low point of your bio-cycle you are apt to become concerned about your physical well-being. It is then that many begin searching for some new vitamin or type of therapy to counteract "that tired feeling." Actually, it will often pass in a few days when the low point of your bio-cycle is past and the upswing begun.

If you can mentally and emotionally adjust your attitude to accept the idea that you are merely passing through a cycle, then you have gained a measure of ascendancy over the cycle and it will not affect you nearly to the degree that it otherwise would. (Note: If you believe that an actual organic disturbance is at fault, you should avail yourself of the kind of therapeutic treatment you prefer.)

Planetary cycles: The Bulletin of the Foundation for the Study of Cycles has stated, "It is reasonable to suppose that the ultimate causes (of cycles) are celestial, although they may be modified by terrestrial factors. It is also reasonable to suppose that they are electromagnetic in nature. Finally, it is clear that the generating forces are not the traditional relationships of celestial bodies or everyone would know about them."

What this statement says to me is that we are influenced by the electromagnetic fields emanating from the sun and various planets of the solar system. The eleven-year cycle of sun spots, for instance, affects all of us. Cosmic radiations from celestial bodies also affect us in ways we cannot always comprehend, but they may very well influence our excitability and responsiveness to the circumstances we encounter in everyday life.

The statement also suggests that the relative position of one celestial body to another is less important than the amount and nature and combination of forces emanating from the various bodies out in space. This idea could alter somewhat the theory of astrological science, diverting it from consideration of planetary relationships in space to combinations of planetary radiations.

Cycles of the Infinite: We previously studied the "days and nights of Brahm," the Hindu concept that there are vast outpourings of the Infinite followed by "indrawings" over periods of millions of years. I believe there are lesser cycles during which Cosmic Mind radiates, in rhythmic fashion, the energy which is an aspect of God. We react to these radiations.

There are periods in which mass excitability and responsiveness change from conflict to harmony. There are periods of urges toward morality and ethics and spiritual aspiration. There are personal periods for you in this same area...times when you as an individual are "oriented" more toward the spiritual aspect of your life. During those periods, you are reacting to spiritual "excitability," to the emanations of the Infinite.

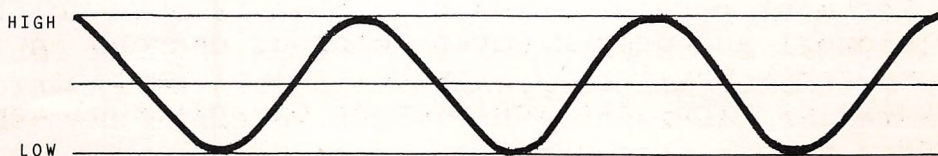
These are the times when the spiritual affinities in you are most active and are reaching upward to meet the spiritual effulgences emanating from the Mind of God, or Cosmic Consciousness. These are the periods when you are most apt to experience spiritual revelation or unity with the Infinite.

THREE WAYS TO IMPROVE YOUR CYCLES

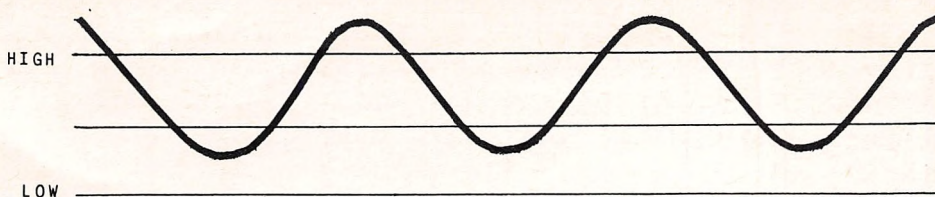
At this point, let us consider what you can actually do to control and regulate your cycles in the area of any of your interests.

1. You can offset low points in cycles simply by remembering that high points are sure to follow.
2. You can further improve them by more intense concentration and effort upon activities that will counter the low points. As an example, if you are at a low point of your emotional cycle you can center your attention upon inspirational ideas, rather than upon the negative ideas prevailing at the time.

Thus you can change a cycle that looks like this:

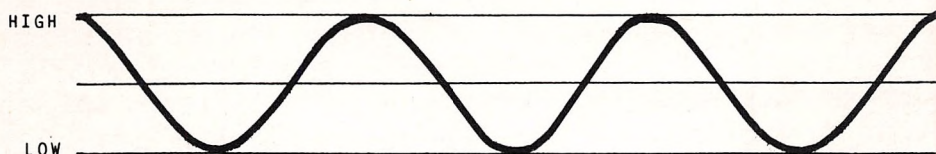


to one that looks like this:

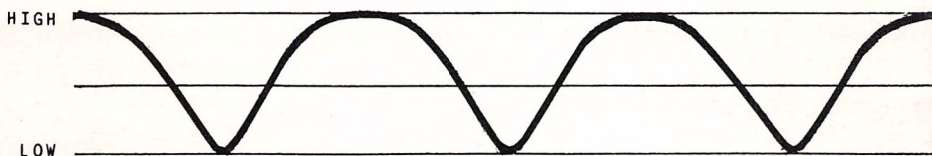


elevating both high and low points to still higher points.

3. You can also extend the high points over longer periods of time and the low points over shorter periods till the pattern develops and becomes automatic, from this:



to this:



Then there is an unusual way to help you accomplish both...to raise and extend the high points and to raise and shorten the low points.

BREATHE BETTER CYCLES

The one biological activity that seems to be related to all your personal cycles...physical, emotional, mental and spiritual...is breath. It is also the one biological activity over which you can exercise the greatest amount of conscious control.

For most persons, breathing that is more deliberate (slower) and deeper works wondrous changes in the way one feels physically, the control of emotions, alertness of mind, and achievement of spiritual aspirations.

The capacity of our lungs indicates that we were intended to breathe more deeply than we do. Most persons use only one-tenth to one-third of their lung capacity. This isn't to say that every breath should be to the lungs' full capacity. However there is little question but that most of us will improve our lives if only we would breathe nearer our capacity than we do.

The next time you are experiencing an adverse emotional reaction to some incident in your life, take a few deep breaths and notice the calming influence, the greater emotional and mental poise that results. In that one incident you will have changed and improved a cycle. If you will consciously create a pattern of slower, deeper breathing you will remarkably alter the cycles of your life.

The way to improve cycles, then, is to make a conscious effort to raise and extend the high points, raise and shorten the low points, and breathe more deliberately and deeply. Thus you will be accomplishing what your knowledge of your personal cycle can help you do. (The practice of Lama Yoga as taught to Astarians in Astara's *Book of Life* can work incredible changes in all your cycles.)

CHANGE CYCLES TO SPIRALS

The most important result of regulating and controlling your cycles is that you change the wheel (the return to the exact place where the cycle began) to a spiral (the same point of return but at a higher level).

This is best illustrated by the ancient theory of reincarnation. According to that theory (in which, incidentally, more than one-half the population of the world believes) we return to physical incarnation on earth at fairly regular intervals. At each rebirth we are, or at least should be, expressing on a higher level than on our previous sojourn. We have evolved and progressed, and continue to do so until finally we escape from "the wheel of necessity" and thereafter incarnate in physical form only if we wish to do so.

In this same context, every cycle can be improved when you make a conscious effort toward this goal. Every cycle can become a spiral when you exert the effort necessary to improve yourself -- to walk the high road. And each time you do, you give further opportunity to the High Self to fulfill itself -- to make its superconscious influence felt in the rounds of your

daily life. To give you a clearer view of the overall picture, let us briefly examine the seven basic elements with which we live and through which we express ourselves.

THE SEVEN BASIC LIFE FORCES

As an individual you are involved with seven basic life forces which enable you to be the person you are. Each of these forces is rhythmic, or cyclic. Through proper use of them you go far toward changing your cycles to spirals. The seven basic life forces are:

1. hunger (including thirst);
2. breath;
3. metabolism (building living matter in the system to supply energy);
4. sex (expression of physical and emotional creativity);
5. consciousness (expression of mental creativity and the desire to acquire and express knowledge);
6. altruism (expression of oneness with the human family and all other living things);
7. spiritual aspiration (expressing oneness with God or the Infinite).

If you will contemplate the above list for a moment, you will see that every activity and every interest of yours can be expressed through one or more of these seven basic forces. If you are an average person, which I feel myself to be, you can select one or more of these forces as a cycle upon which you will then focus your attention in your upreaching toward perfection.

When you have improved the flow of the selected cycle so that its more balanced expression becomes an habitual pattern in your life, you can then select a second and begin improving it. By organizing your efforts you can make remarkable progress in self-improvement, and Self-fulfillment becomes almost automatic.

The life force about which you can do least is

No. 3, metabolism. Yet concentration upon 1, and 2, hunger and breath, will automatically result in improvement of metabolism.

Cycles 2, 5, 6 and 7, breath, consciousness, altruism and spiritual aspiration, probably will receive most of your attention. Improvement in any one of them will result in noticeable changes in your life toward Self-fulfillment. We will investigate these life forces further in Step 7.

CONCLUSION

There are but two points to consider to complete our lesson. The first is to explain why all people do not respond in the same way at the same time to the same cycle. The answer is that no two persons are constituted exactly the same.

Because you and I differ in most every respect, we respond differently to both outer and inner cycles. As an example, your emotional cycle may differ widely from mine in both intensity and length. Therefore, even at the same moment, we would respond differently to the same stimulus, whether from without or within.

The second point is that there seems to be an inherent irregularity in cycles. They follow a regular pattern for a time, then become momentarily irregular. They usually revert to the regular pattern again. This is probably due to a momentary change in the combinations of periodic stimuli to which we respond. And it may also be true that our sensitivity to cyclic stimuli changes from time to time.

To illustrate, I have discovered that my lunar cycle during which I speak more effectively is occasionally disrupted. Invariably it later returns to the basic pattern. So do not be disturbed if you have the same experience. Generally speaking, your cycles will hold true.

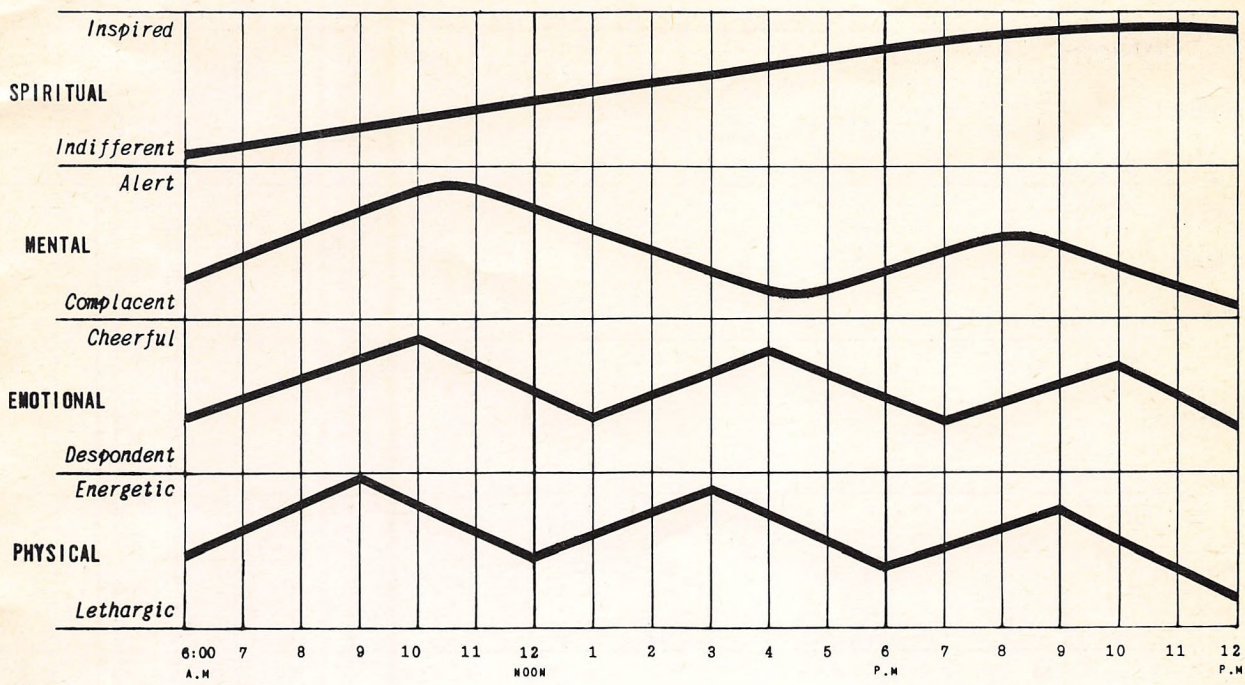
The science of cycles is as yet imperfect. It is not yet an exact science. Until it becomes so, you can still profit from your knowledge of it. The future holds even more promise as research reveals more knowledge.

Cause and effect are only partially in the realm of the known. There is still much that lies beyond the border of present knowledge. Material science has yet

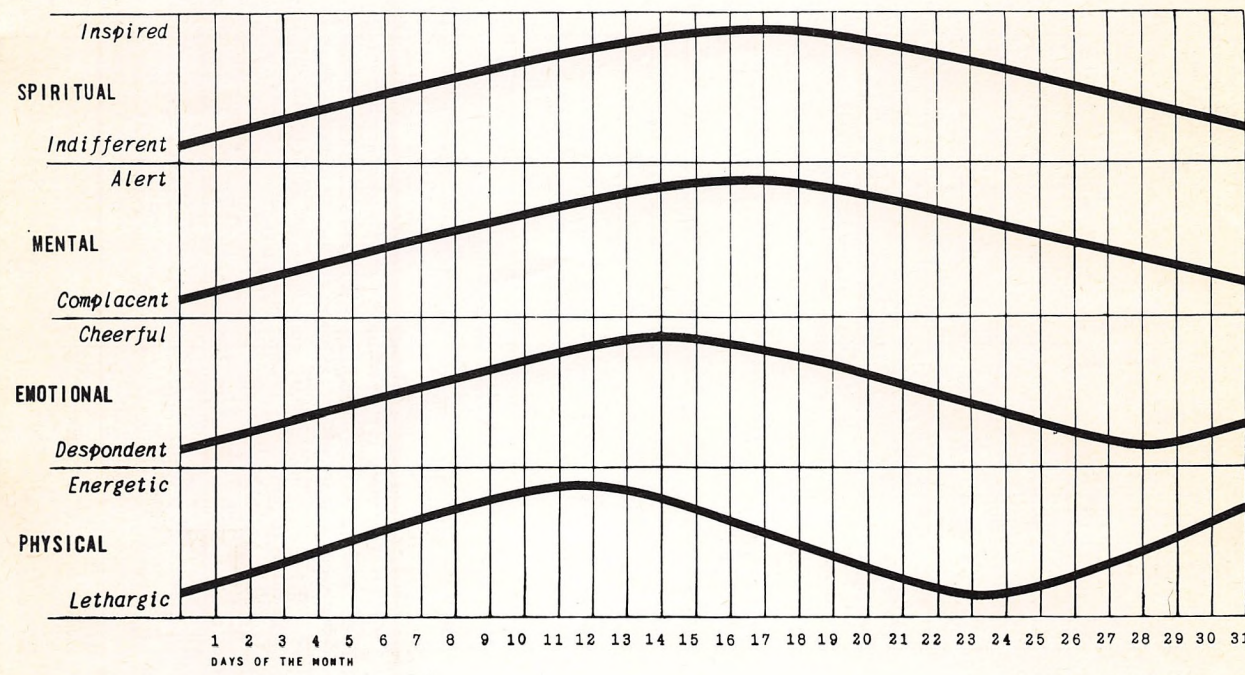
much to learn that spiritual science has discovered in the long ago, and we shall look into that mystery in our next step in Self-fulfillment, *Conquer Cause and Effect*, the law of karma.



DAILY CYCLES CHART



MONTHLY CYCLES CHART



The above charts delineate fluctuations of physical, emotional, mental and spiritual states. These are only sample cycles to help you set up your own which may vary considerably.

[illegible][illegible]

Begin charting your cycles on this page. Make additional charts as you need them until definite cycles are observed.

